

September 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p style="text-align: right;">27</p>	<p style="text-align: right;">28</p>	<p style="text-align: right;">29</p>	<p style="text-align: right;">30</p>	<p style="text-align: right;">31</p>	<p style="text-align: right;">1</p> <p>12:00a Pottery Studio - Clay Purchase - Pottery Rm</p> <p>08:00a APR Wellness Center Visit - Critt WC</p> <p>08:00a Computer Lab - Comp Lab</p> <p>08:00a Library - Library</p> <p>08:00a New Member Visit - Lobby</p> <p>08:00a OPC Meeting - Atrium</p> <p>08:00a Open Swim/M-F - Lap Pool, Therapy Pool</p> <p>08:00a Personal Training - Personal Trg</p> <p>08:00a Physical Therapy - Critt PT</p> <p>08:00a Pickleball Advanced Drop-in Play - Gym</p> <p>08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell</p> <p>09:00a Aquatics Strength &amp; Core / Fri - Lap Pool</p> <p>09:00a Cycling/Fri - Gym</p> <p>09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic</p> <p>09:00a Lapidary - Studio 1</p> <p>09:00a Woodshop - Woodshop</p> <p>09:30a Total Body Sculpt - Group Exercise 2 - McCardell</p> <p>10:00a Aqua Balance &amp; Stability/Fri - Therapy Pool</p> <p>10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic</p>	<p style="text-align: center; font-size: 24pt; font-weight: bold;">BUILDING CLOSED</p> <p style="text-align: right;">2</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1	2
					10:00a Caring & Sharing Loss - CR 1 10:00a Chess Class for Beginners - CR 3 10:00a Gift Shop 10:00am-2:00pm - Gift Shop 10:00a Pickleball Intermediate Drop-in Play - Gym 10:30a Yin Yoga - Group Exercise 2 - McCardell 11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic 11:30a Tang Soo Do /F - Group Exercise 2 - McCardell 12:00p Regular Lunch in the Dining Room - Dining Rm 12:30p Bridge American Standard Fridays - CR 1 12:30p Hand & Foot variation of Canasta - Library 12:30p Pinochle - CR 3 01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic 01:00p Novice Pickleball/1:00-2:30 PM - Gym 01:00p Table Tennis - Gym 02:30p Aqua Yoga/Fri - Therapy Pool 02:30p Novice Pickleball/2:30-4:00 PM - Gym	
3	4	5	6	7	8	9
	08:00a Personal Training - Personal Trg	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a Aqua Mix / Sat - Lap Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4 <b>BUILDING CLOSED</b>	5 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool, Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic 08:30a The Deep/Tues - Lap Pool 09:00a Adult Day Service - ADS 09:00a Aqua Healthy Joints / Tue - Therapy Pool 09:00a Cafe - Cafe 09:00a Cycling/Tue - Gym 09:00a Wellness Coaching Tuesdays - Conference B 09:00a Woodshop - Woodshop 09:30a Making Waves / Tues - Lap Pool 09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic 10:00a Bridge Drop In Tuesday - CR 3	6 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Open Swim/M-F - Lap Pool, Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a The Deep/Wed - Lap Pool 09:00a Adult Day Service - ADS 09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a Late Bloomers Gardening Club - Patio Garden 09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm 09:00a Water Works / Wed - Therapy Pool 09:00a Woodshop - Woodshop 09:30a Pickleball 101: Beginner Lesson - Gym 09:30a Pickleball 102: Mentor Games - Gym 09:30a Spanish Class - CR 2 09:30a Watercolor w/Meg - Studio 1	7 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool, Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Pickleball Private Lesson - Gym 08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic 08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Cafe - Cafe 09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm 09:00a Wellness Coaching Thursdays - Conference B 09:00a Woodshop - Woodshop 09:30a Aqua Yoga/Thu - Therapy Pool 09:30a Core Strength/Thu - Group Exercise 2 - McCardell 09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	8 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Swim/M-F - Lap Pool, Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Pickleball Advanced Drop-in Play - Gym 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell 09:00a Aquatics Strength & Core / Fri - Lap Pool 09:00a Cycling/Fri - Gym 09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic 09:00a Lapidary - Studio 1 09:00a Woodshop - Woodshop 09:30a Total Body Sculpt - Group Exercise 2 - McCardell 10:00a Aqua Balance & Stability/Fri - Therapy Pool 10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic 10:00a Chess Class for Beginners - CR 3 10:00a Financial Friday- Financial Options in Retirement - CR 1	9 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Swim/S - Lap Pool, Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Pickleball Interm./Advanced/S - Gym 08:00a Small Group Training: Intro to Bootcamp - Group Exercise 2 - McCardell 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:30a Cycling/S - Gym 09:00a Competitive Swim Practice - Lap Pool 09:00a Woodshop - Woodshop 09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic 09:30a Basketball 5 on 5/S - Gym 11:00a Guitar Group Saturday - Dining Rm 11:00a Volleyball All Lvl/S - Gym 12:30p Novice Pickleball Drop-in/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
3	4	5	6	7	8	9
		<p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Novice Pickleball Drop In / Tue 10:00 - Gym</p> <p>10:00a Technology Club - CR 1,CR 2</p> <p>10:15a Aqua Yoga/Tues - Therapy Pool</p> <p>10:30a Body Strong - Group Exercise 1 - KW Aerobic</p> <p>10:30a Learn More Now-Its Your Health - Dining Rm</p> <p>10:45a Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell</p> <p>11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:00p 1/2 Court Basketball - Gym</p> <p>12:00p Basketball Shoot Around - Gym</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:30p Essentrics /Tu - Group Exercise 2 - McCardell</p> <p>12:45p German Conversation Group - CR 3</p> <p>01:00p Guitar Group Tuesday - Dining Rm</p> <p>01:00p India Conversation Group - Comp Lab</p> <p>01:00p Open Studio - Independent Art Studio Drop-In - Studio 1</p>	<p>10:00a Aqua Balance &amp; Stability/Wed - Therapy Pool</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Play with Clay - Studio 3</p> <p>10:15a Core Strength/Wed - Group Exercise 2 - McCardell</p> <p>11:00a Pickleball Inter./Adv. Drop In - Gym</p> <p>11:30a Ballet - Group Exercise 1 - KW Aerobic</p> <p>11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p Chinese Mah-Jong - CR 1</p> <p>12:30p Euchre Wednesdays - CR 3,CR 2</p> <p>12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic</p> <p>01:00p Classic Lighted Wine Bottle w/Cherie - Studio 1</p> <p>01:00p Making Waves / Wed - Lap Pool</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm</p> <p>01:00p Strength &amp; Confidence - Group Exercise 2 - McCardell</p> <p>01:00p Table Tennis - Gym</p> <p>02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool</p>	<p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a OMP Euchre Drop-In - CR 3</p> <p>10:30a Barre Fusion - Group Exercise 1 - KW Aerobic</p> <p>10:30a Spanish Conversation Group - CR 1</p> <p>10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell</p> <p>11:00a Aqua Mix / Thurs - Lap Pool</p> <p>11:45a Cardio Beginner Kickboxing - Group Exercise 2 - McCardell</p> <p>11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic</p> <p>12:00p Pickleball Advanced Drop-in Play - Gym</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:00p Water Works / Thurs - Therapy Pool</p> <p>12:30p American Mah-Jong - CR 3</p> <p>12:30p Duplicate Bridge - CR 2,CR 3</p> <p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>12:45p Mat Pilates /TH - Group Exercise 2 - McCardell</p> <p>01:00p Acrylic Pouring - Studio 2</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Open Studio - Needle Arts Studio Thurs. - Library</p>	<p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Pickleball Intermediate Drop-in Play - Gym</p> <p>10:30a Yin Yoga - Group Exercise 2 - McCardell</p> <p>11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic</p> <p>11:00a Caring &amp; Sharing Loss - ADS</p> <p>11:30a Tang Soo Do /F - Group Exercise 2 - McCardell</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p Bridge American Standard Fridays - CR 1</p> <p>12:30p Hand &amp; Foot variation of Canasta - Library</p> <p>12:30p Pinochle - CR 3</p> <p>01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>02:30p Aqua Yoga/Fri - Therapy Pool</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
		01:00p Open Studio - Needle Arts Studio Tues - Library  01:00p Ukulele Fun - Aud-Back,Aud-Front  01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic  01:45p Pickleball 301: Skills & Drills - Gym  01:45p Pickleball Intermediate Drop-in Play - Gym  02:00p French Advanced Class - Studio 3  02:30p Step & Sculpt /T - Group Exercise 2 - McCardell  04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic  04:00p Novice Pickleball Drop-in Play - Gym  05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic  05:45p Aqua Zumba/Tue - Lap Pool  06:00p Pickleball Inter./Tu PM - Gym	02:00p Woodshop Safety - Woodshop  02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic  02:30p Novice Pickleball/2:30-4:00 PM - Gym  04:00p Pickleball Intermediate Drop-in Play - Gym  04:00p Wedding Social Learn to Dance at Weddings - Aud-Back,Aud-Front  04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm  05:00p Open Aqua Bikes/ Wed - Lap Pool  05:30p Parkinsons Support Group - Dining Rm  05:45p Chess Play/Learn/View - Library  06:00p Basketball 5 on 5/W - Gym  06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool  06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic  02:00p Making Waves / Thurs - Lap Pool  02:00p Novice Pickleball Drop-in Play - Gym  03:00p Aqua Healthy Joints / Thurs - Therapy Pool  03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic  03:00p Hatha Yoga - Group Exercise 2 - McCardell  04:00p Pickleball Inter./Th PM - Gym  04:00p Rotating Meditation - Group Exercise 2 - McCardell  04:30p Pottery Studio - Independent Potters Evening - Pottery Rm  04:45p Lapidary Beginning - Studio 1  05:00p Governing Board Meeting - CR 1  05:30p Weight Room Orientation - Cardio/Weights  05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic  05:45p Aqua Zumba/Thu - Lap Pool  06:00p Badminton - Gym 06:00p Box Fit 101 - Gym 07:00p POUND Fitness - Group Exercise 1 - KW Aerobic		
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a Aqua Mix / Sat - Lap Pool
	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Billiards/S - Billiards
	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Cardio and Weights/S - Cardio/Weights
	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a Computer Lab - Comp Lab
	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a Library - Library
	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a New Member Visit - Lobby
	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Personal Training - Personal Trg	08:00a OPC Meeting - Atrium
	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Physical Therapy - Critt PT	08:00a Open Swim/S - Lap Pool,Therapy Pool
	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Pickleball Ladder AB /F - Gym	08:00a Personal Training - Personal Trg
	08:00a The Deep/Mon - Lap Pool	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a The Deep/Wed - Lap Pool	08:00a Pickleball Private Lesson - Gym	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	08:00a Pickleball Interm./Advanced/S - Gym
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	09:00a Adult Day Service - ADS	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	09:00a Aquatics Strength & Core / Fri - Lap Pool	08:00a Small Group Training: Intro to Bootcamp - Group Exercise 2 - McCardell
	09:00a Adult Day Service - ADS	08:30a The Deep/Tues - Lap Pool	09:00a Cafe - Cafe	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	09:00a Cafe - Cafe	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Adult Day Service - ADS	09:00a Cycling/Fri - Gym	08:30a Cycling/S - Gym
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Late Bloomers Gardening Club - Patio Garden	09:00a Cafe - Cafe	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	09:00a Competitive Swim Practice - Lap Pool
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Water Works / Wed - Therapy Pool	09:00a Chair Massages - Personal Trg 2	09:00a Lapidary - Studio 1	09:00a Woodshop - Woodshop
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Cycling/Tue - Gym	09:00a Woodshop - Woodshop	09:00a Wellness Coaching Thursdays - Conference B	09:30a Total Body Sculpt - Group Exercise 2 - McCardell	09:30a Basketball 5 on 5/S - Gym
	09:00a Woodshop - Woodshop	09:00a Wellness Coaching Tuesdays - Conference B	09:30a Pickleball 101: Beginner Lesson - Gym	09:00a Woodshop - Woodshop	10:00a Aqua Balance & Stability/Fri - Therapy Pool	11:00a Guitar Group Saturday - Dining Rm
	09:30a Mat Pilates /M - Group Exercise 2 - McCardell	09:00a Woodshop - Woodshop	09:30a Pickleball 102: Mentor Games - Gym	09:30a Aqua Yoga/Thu - Therapy Pool	10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic	11:00a Volleyball All Lvl/S - Gym
	09:30a Pickleball Intermediate Drop-in Play - Gym	09:30a Making Waves / Tues - Lap Pool	09:30a Senior Picnic - South Parking Lot	09:30a Core Strength/Thu - Group Exercise 2 - McCardell		12:30p Novice Pickleball Drop-in/S - Gym
		09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic	09:30a Spanish Class - CR 2	09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic	10:00a Caring & Sharing Loss - CR 1	01:00p Line Dance Party - Aud-Front,Aud-Back
			10:00a Aqua Balance & Stability/Wed - Therapy Pool			

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	09:45a German Intermediate Class - CR 1	10:00a Bridge Drop In Tuesday - CR 3	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Anyone Can Paint - Studio 1	10:00a Chess Class for Beginners - CR 3	
	10:00a Aqua Balance & Stability/Mon - Therapy Pool	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:15a Core Strength/Wed - Group Exercise 2 - McCardell	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	
	10:00a Computer Apple iPhone - CR 1	10:00a Novice Pickleball Drop In / Tue 10:00 - Gym	11:00a Pickleball Inter./Adv. Drop In - Gym	10:00a OMP Euchre Drop-In - CR 3	10:30a Yin Yoga - Group Exercise 2 - McCardell	
	10:00a Gift Shop 10:00am-2:00pm - Gift Shop	10:00a Technology Club - CR 1,CR 2	11:30a Ballet - Group Exercise 1 - KW Aerobic	10:30a Barre Fusion - Group Exercise 1 - KW Aerobic	11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic	
	10:00a Monday with the Mayor - Dining Rm	10:15a Aqua Yoga/Tues - Therapy Pool	11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell	10:30a Spanish Conversation Group - CR 1	11:30a Tang Soo Do /F - Group Exercise 2 - McCardell	
	10:00a Open Studio - Zentangle Studio - Library	10:30a Body Strong - Group Exercise 1 - KW Aerobic	12:00p Regular Lunch in the Dining Room - Dining Rm	10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell	12:00p Regular Lunch in the Dining Room - Dining Rm	
	11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic	10:45a Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell	12:30p Chinese Mah-Jong - CR 1	11:00a Aqua Mix / Thurs - Lap Pool	12:30p Bridge American Standard Fridays - CR 1	
	11:30a Pickleball 201: Novice/Low Intermediate Lessons - Gym	11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic	12:30p Euchre Wednesdays - CR 3,CR 2	11:45a Cardio Beginner Kickboxing - Group Exercise 2 - McCardell	12:30p Hand & Foot variation of Canasta - Library	
	11:30a Tang Soo Do /M - Group Exercise 2 - McCardell	12:00p 1/2 Court Basketball - Gym	12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic	11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic	12:30p Pinochle - CR 3	
	11:45a Belly Dance - Aud-Back,Aud-Front	12:00p Basketball Shoot Around - Gym	01:00p Making Waves / Wed - Lap Pool	12:00p Pickleball Advanced Drop-in Play - Gym	01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic	
	12:00p Regular Lunch in the Dining Room - Dining Rm	12:00p Regular Lunch in the Dining Room - Dining Rm	01:00p Novice Pickleball/1:00-2:30 PM - Gym	12:00p Regular Lunch in the Dining Room - Dining Rm	01:00p Novice Pickleball/1:00-2:30 PM - Gym	
	12:30p American Mah-Jong - CR 3	12:00p Weight Room Orientation - Cardio/Weights	01:00p Strength & Confidence - Group Exercise 2 - McCardell	12:00p Water Works / Thurs - Therapy Pool	01:00p Table Tennis - Gym	
	12:30p Bridge Drop-In Monday - CR 1	12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic	01:00p Table Tennis - Gym	12:30p American Mah-Jong - CR 3	02:30p Aqua Yoga/Fri - Therapy Pool	
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:30p Essentrics /Tu - Group Exercise 2 - McCardell	02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool	12:30p Duplicate Bridge - CR 2,CR 3	02:30p Novice Pickleball/2:30-4:00 PM - Gym	
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	12:45p German Conversation Group - CR 3	02:00p Wood Turning Demo w/Shel & Mike F - Woodshop	12:45p Mat Pilates /TH - Group Exercise 2 - McCardell		
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p Acrylic Painting - Studio 1	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	01:00p Line Dance - Aud-Back,Aud-Front		
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Guitar Group Tuesday - Dining Rm	02:30p Novice Pickleball/2:30-4:00 PM - Gym	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	01:00p Open Studio - Creation Station Studio - Studio 1	01:00p India Conversation Group - Comp Lab				

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	01:00p Table Tennis - Gym 01:00p Zentangle Intro - Studio 3 01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic 02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic 02:00p Focus on the Issues - Dining Rm 02:00p Open Aqua Bikes/ Mon - Lap Pool 02:30p Novice Pickleball/2:30-4:00 PM - Gym 03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic 04:00p Pickleball Advanced Drop-in Play - Gym 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 05:15p Aqua Zumba/Mon - Lap Pool 06:00p 650 Player Auditions-Somethings Afoot - Aud-Back 06:00p Badminton - Gym 06:00p Heartfulness Meditation - CR 1,CR 2 06:00p Novice Pickleball Drop-in Play - Gym 06:30p Aqua Bike Circuit Training/Mon - Lap Pool 07:00p Ballroom Dance - Aud-Front,Aud-Back	01:00p Medicare & Medicaid Assistance - Comp Lab 01:00p Open Studio - Needle Arts Studio Tues - Library 01:00p Stampin Up Greeting Cards - Studio 3 01:00p Ukulele Fun - Aud-Back,Aud-Front 01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic 01:45p Pickleball 301: Skills & Drills - Gym 01:45p Pickleball Intermediate Drop-in Play - Gym 02:00p French Advanced Class - Studio 3 02:00p Stained Glass Class: Dave & Diane - Woodshop 02:30p Step & Sculpt /T - Group Exercise 2 - McCardell 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 04:00p Terrific Tuesday-Detroit Opera - Aud-Back,Aud-Front 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool 06:00p 650 Player Auditions-Somethings Afoot - Aud-Back	04:00p Pickleball Intermediate Drop-in Play - Gym 04:00p Wedding Social Learn to Dance at Weddings - Aud-Back,Aud-Front 05:00p Open Aqua Bikes/ Wed - Lap Pool 05:30p Day Trip-ANDRE RIEU - Aud-Back,Aud-Front 05:30p Weight Room Orientation - Cardio/Weights 05:45p Chess Play/Learn/View - Library 06:00p Basketball 5 on 5/W - Gym 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic 11:00p Veterans Connection - South Parking Lot	02:00p Making Waves / Thurs - Lap Pool 02:00p Novice Pickleball Drop-in Play - Gym 03:00p Aqua Healthy Joints / Thurs - Therapy Pool 03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic 03:00p Hatha Yoga - Group Exercise 2 - McCardell 04:00p Oktoberfest - North Parking Lot 04:00p Pickleball Inter./Th PM - Gym 04:00p Rotating Meditation - Group Exercise 2 - McCardell 05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym 07:00p POUND Fitness - Group Exercise 1 - KW Aerobic		



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
10	11	12	13	14	15	16
		06:00p Pickleball Inter./Tu PM - Gym				
17	18	19	20	21	22	23
	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a APR Wellness Center Visit - Critt WC	08:00a Aqua Mix / Sat - Lap Pool
	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Computer Lab - Comp Lab	08:00a Billiards/S - Billiards
	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Library - Library	08:00a Cardio and Weights/S - Cardio/Weights
	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a New Member Visit - Lobby	08:00a Computer Lab - Comp Lab
	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a OPC Meeting - Atrium	08:00a Library - Library
	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Open Gym AM/MW - Gym	08:00a Open Gym/T Th - Gym	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a New Member Visit - Lobby
	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Open Swim/M-F - Lap Pool,Therapy Pool	08:00a Personal Training - Personal Trg	08:00a OPC Meeting - Atrium
	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Personal Training - Personal Trg	08:00a Physical Therapy - Critt PT	08:00a Open Swim/S - Lap Pool,Therapy Pool
	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Physical Therapy - Critt PT	08:00a Pickleball Ladder AB /F - Gym	08:00a Personal Training - Personal Trg
	08:00a The Deep/Mon - Lap Pool	08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell	08:00a The Deep/Wed - Lap Pool	08:00a Pickleball Private Lesson - Gym	08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell	08:00a Pickleball Interm./Advanced/S - Gym
	08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell	08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic	09:00a Adult Day Service - ADS	08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic	09:00a Aquatics Strength & Core / Fri - Lap Pool	08:00a Small Group Training: Intro to Bootcamp - Group Exercise 2 - McCardell
	09:00a Adult Day Service - ADS	08:30a The Deep/Tues - Lap Pool	09:00a Cafe - Cafe	08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell	09:00a Cycling/Fri - Gym	08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic
	09:00a Aquatics Strength & Core / Mon - Lap Pool	09:00a Adult Day Service - ADS	09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic	09:00a Adult Day Service - ADS	09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	08:30a Cycling/S - Gym
	09:00a Cafe - Cafe	09:00a Aqua Healthy Joints / Tue - Therapy Pool	09:00a Late Bloomers Gardening Club - Patio Garden	09:00a Cafe - Cafe	09:00a Lapidary - Studio 1	09:00a Competitive Swim Practice - Lap Pool
	09:00a Interval Training /M - Group Exercise 1 - KW Aerobic	09:00a Cafe - Cafe	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop
	09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm	09:00a Calligraphy w/Beth - Studio 1	09:00a Water Works / Wed - Therapy Pool	09:00a Wellness Coaching Thursdays - Conference B	09:30a Mens Morning Meet Up - Cafe	09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic
	09:00a Savvy Senior Breakfast-Alzheimers - Dining Rm	09:00a Cycling/Tue - Gym	09:00a Woodshop - Woodshop	09:00a Woodshop - Woodshop	09:30a Total Body Sculpt - Group Exercise 2 - McCardell	09:30a Basketball 5 on 5/S - Gym
	09:00a SAVVY Seniors - Non-Members - Dining Rm	09:00a Wellness Coaching Tuesdays - Conference B	09:30a Pickleball 101: Beginner Lesson - Gym	09:30a Aqua Yoga/Thu - Therapy Pool	10:00a Aqua Balance & Stability/Fri - Therapy Pool	11:00a Guitar Group Saturday - Dining Rm
		09:00a Woodshop - Woodshop				11:00a Volleyball All Lvl/S - Gym
						12:30p Novice Pickleball Drop-in/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
	<p>09:00a Woodshop - Woodshop</p> <p>09:30a Mat Pilates /M - Group Exercise 2 - McCardell</p> <p>09:30a Pickleball Intermediate Drop-in Play - Gym</p> <p>09:45a German Intermediate Class - CR 1</p> <p>10:00a Aqua Balance &amp; Stability/Mon - Therapy Pool</p> <p>10:00a Computer Apple iPad - CR 1</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Open Studio - Zentangle Studio - Library</p> <p>10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic</p> <p>11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic</p> <p>11:30a Pickleball 201: Novice/Low Intermediate Lessons - Gym</p> <p>11:30a Tang Soo Do /M - Group Exercise 2 - McCardell</p> <p>11:45a Belly Dance - Aud-Back,Aud-Front</p> <p>12:00p Medicare &amp; Medicaid Assistance - Conference B</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p American Mah-Jong - CR 3</p> <p>12:30p Bridge Drop-In Monday - CR 1</p>	<p>09:30a Making Waves / Tues - Lap Pool</p> <p>09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic</p> <p>10:00a Bridge Drop In Tuesday - CR 3</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Novice Pickleball Drop In / Tue 10:00 - Gym</p> <p>10:00a Technology Club - CR 1,CR 2</p> <p>10:15a Aqua Yoga/Tues - Therapy Pool</p> <p>10:30a Body Strong - Group Exercise 1 - KW Aerobic</p> <p>10:30a Rochester Hills Naturalist - Dining Rm</p> <p>10:45a Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell</p> <p>11:30a Day Trips Stahls Museum - Aud-Back,Aud-Front</p> <p>11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:00p 1/2 Court Basketball - Gym</p> <p>12:00p Basketball Shoot Around - Gym</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:00p Weight Room Orientation - Cardio/Weights</p> <p>12:30p Beginner Duplicate Bridge Class - CR 1</p> <p>12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic</p>	<p>09:30a Pickleball 102: Mentor Games - Gym</p> <p>09:30a Spanish Class - CR 2</p> <p>09:30a Watercolor w/Pete - Studio 2</p> <p>10:00a Aqua Balance &amp; Stability/Wed - Therapy Pool</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Harvesting Health and Happiness through Meditation - CR 2</p> <p>10:00a Play with Clay - Studio 3</p> <p>10:15a Core Strength/Wed - Group Exercise 2 - McCardell</p> <p>10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic</p> <p>11:00a Pickleball Inter./Adv. Drop In - Gym</p> <p>11:30a Ballet - Group Exercise 1 - KW Aerobic</p> <p>11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p Chinese Mah-Jong - CR 1</p> <p>12:30p Ecoprinting Workshop w/Candi - Cottage</p> <p>12:30p Euchre Wednesdays - CR 3,CR 2</p> <p>12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic</p> <p>01:00p Making Waves / Wed - Lap Pool</p>	<p>09:30a Core Strength/Thu - Group Exercise 2 - McCardell</p> <p>09:30a Needle Felting w/Dotti - Studio 1</p> <p>09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a OMP Euchre Drop-In - CR 3</p> <p>10:30a Barre Fusion - Group Exercise 1 - KW Aerobic</p> <p>10:30a Spanish Conversation Group - CR 1</p> <p>10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell</p> <p>11:00a Aqua Mix / Thurs - Lap Pool</p> <p>11:45a Cardio Beginner Kickboxing - Group Exercise 2 - McCardell</p> <p>11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic</p> <p>12:00p Pickleball Advanced Drop-in Play - Gym</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:00p Water Works / Thurs - Therapy Pool</p> <p>12:30p American Mah-Jong - CR 3</p> <p>12:30p Duplicate Bridge - CR 2,CR 3</p> <p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p>	<p>10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic</p> <p>10:00a Chess Class for Beginners - CR 3</p> <p>10:00a Gift Shop 10:00am-2:00pm - Gift Shop</p> <p>10:00a Visually Impaired Group - Dining Rm</p> <p>10:30a Learn More Now-Edward Jones Market Update - Dining Rm</p> <p>10:30a Yin Yoga - Group Exercise 2 - McCardell</p> <p>11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic</p> <p>11:30a Tang Soo Do /F - Group Exercise 2 - McCardell</p> <p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p Bridge American Standard Fridays - CR 1</p> <p>12:30p Hand &amp; Foot variation of Canasta - Library</p> <p>12:30p Pinochle - CR 3</p> <p>01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Table Tennis - Gym</p> <p>02:30p Aqua Yoga/Fri - Therapy Pool</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm	12:30p Essentrics /Tu - Group Exercise 2 - McCardell	01:00p Novice Pickleball/1:00-2:30 PM - Gym	12:45p Mat Pilates /TH - Group Exercise 2 - McCardell		
	12:30p PWR! Boxing - Group Exercise 2 - McCardell	12:45p German Conversation Group - CR 3	01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm	01:00p Line Dance - Aud-Back,Aud-Front		
	01:00p Line Dance - Aud-Back,Aud-Front	01:00p Acrylic Painting - Studio 1	01:00p Pumpkin Face Tin Cans w/Cherie - Studio 1	01:00p Open Studio - Needle Arts Studio Thurs. - Library		
	01:00p Novice Pickleball/1:00-2:30 PM - Gym	01:00p Guitar Group Tuesday - Dining Rm	01:00p Rewired Not Retired- Lunch with the Blevins - Dining Rm	01:00p Watercolor Techniques w/Kathy - Studio 1		
	01:00p Open Studio - Creation Station Studio - Studio 1	01:00p India Conversation Group - Comp Lab	01:00p Strength & Confidence - Group Exercise 2 - McCardell	01:00p Womens Luncheon- Magic of Night Lighting - Dining Rm		
	01:00p Table Tennis - Gym	01:00p Open Studio - Needle Arts Studio Tues - Library	01:00p Table Tennis - Gym	01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic		
	01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic	01:00p Ukulele Fun - Aud-Back,Aud-Front	02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool	02:00p Making Waves / Thurs - Lap Pool		
	02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic	01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic	02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic	02:00p Novice Pickleball Drop-in Play - Gym		
	02:00p Open Aqua Bikes/ Mon - Lap Pool	01:45p Pickleball 301: Skills & Drills - Gym	02:30p Novice Pickleball/2:30-4:00 PM - Gym	03:00p Aqua Healthy Joints / Thurs - Therapy Pool		
	02:30p Novice Pickleball/2:30-4:00 PM - Gym	01:45p Pickleball Intermediate Drop-in Play - Gym	04:00p Pickleball Intermediate Drop-in Play - Gym	03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic		
	03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic	02:00p French Advanced Class - Studio 3	04:00p Wedding Social Learn to Dance at Weddings - Aud-Back,Aud-Front	03:00p Hatha Yoga - Group Exercise 2 - McCardell		
	03:00p Movie Monday-A League of Their Own - Aud-Front	02:00p Stained Glass Class: Dave & Diane - Woodshop	04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm	04:00p Pickleball Inter./Th PM - Gym		
	04:00p Pickleball Advanced Drop-in Play - Gym	02:30p Step & Sculpt /T - Group Exercise 2 - McCardell	05:00p Open Aqua Bikes/ Wed - Lap Pool	04:00p Rotating Meditation - Group Exercise 2 - McCardell		
	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm	04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic	05:45p Chess Play/Learn/View - Library	04:30p Pottery Studio - Independent Potters Evening - Pottery Rm		
	05:15p Aqua Zumba/Mon - Lap Pool	04:00p Novice Pickleball Drop-in Play - Gym	06:00p Basketball 5 on 5/W - Gym	04:45p Lapidary Beginning - Studio 1		
	05:30p Thimble Pendant - Studio 1	05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic	06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool	05:30p Weight Room Orientation - Cardio/Weights		
	06:00p Badminton - Gym					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
17	18	19	20	21	22	23
	06:00p Heartfulness Meditation - CR 1,CR 2 06:00p Novice Pickleball Drop-in Play - Gym 06:30p Aqua Bike Circuit Training/Mon - Lap Pool 07:00p Ballroom Dance - Aud-Front,Aud-Back	05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym 06:00p Just One Linda-A Ronstadt Tribute - Aud-Back,Aud-Front 07:00p POUND Fitness - Group Exercise 1 - KW Aerobic		
24	25	26	27	28	29	30
	08:00a APR Wellness Center Visit - Critt WC 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a The Deep/Mon - Lap Pool 08:30a Strengthen Lengthen and Balance/Mon - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS 09:00a Aquatics Strength & Core / Mon - Lap Pool	08:00a APR Wellness Center Visit - Critt WC 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Sunrise Yoga/Tues - Group Exercise 2 - McCardell 08:30a Muscular Endurance/Tue - Group Exercise 1 - KW Aerobic 08:30a The Deep/Tues - Lap Pool 09:00a Adult Day Service - ADS	08:00a APR Wellness Center Visit - Critt WC 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym AM/MW - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a The Deep/Wed - Lap Pool 09:00a Adult Day Service - ADS 09:00a Cafe - Cafe 09:00a Interval Training/Wed - Group Exercise 1 - KW Aerobic 09:00a Late Bloomers Gardening Club - Patio Garden	08:00a APR Wellness Center Visit - Critt WC 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Gym/T Th - Gym 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Pickleball Private Lesson - Gym 08:30a Low Impact/Thu - Group Exercise 1 - KW Aerobic 08:30a Muscular Endurance/Thu - Group Exercise 2 - McCardell 09:00a Adult Day Service - ADS	08:00a APR Wellness Center Visit - Critt WC 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Swim/M-F - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Physical Therapy - Critt PT 08:00a Pickleball Ladder AB /F - Gym 08:30a Strengthen Lengthen and Balance/Fri - Group Exercise 2 - McCardell 09:00a Aquatics Strength & Core / Fri - Lap Pool 09:00a Cycling/Fri - Gym 09:00a Interval Training/Fri - Group Exercise 1 - KW Aerobic	08:00a Aqua Mix / Sat - Lap Pool 08:00a Billiards/S - Billiards 08:00a Cardio and Weights/S - Cardio/Weights 08:00a Computer Lab - Comp Lab 08:00a Library - Library 08:00a New Member Visit - Lobby 08:00a OPC Meeting - Atrium 08:00a Open Swim/S - Lap Pool,Therapy Pool 08:00a Personal Training - Personal Trg 08:00a Pickleball Interm./Advanced/S - Gym 08:00a Small Group Training: Intro to Bootcamp - Group Exercise 2 - McCardell 08:30a Basic Yoga/S 8:30 - Group Exercise 1 - KW Aerobic 08:30a Cycling/S - Gym 09:00a Competitive Swim Practice - Lap Pool

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	09:00a Cafe - Cafe 09:00a Interval Training /M - Group Exercise 1 - KW Aerobic  09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm  09:00a Woodshop - Woodshop  09:30a Mat Pilates /M - Group Exercise 2 - McCardell  09:30a Pickleball Intermediate Drop-in Play - Gym  09:45a German Intermediate Class - CR 1  10:00a Aqua Balance & Stability/Mon - Therapy Pool  10:00a Gift Shop 10:00am-2:00pm - Gift Shop  10:00a Open Studio - Zentangle Studio - Library  10:30a Computer Basics Class - Comp Lab  10:30a Functionally Fit/Mon - Group Exercise 1 - KW Aerobic  11:30a Dance For Parkinsons /M - Group Exercise 1 - KW Aerobic  11:30a Pickleball 201: Novice/Low Intermediate Lessons - Gym  11:30a Tang Soo Do /M - Group Exercise 2 - McCardell  11:45a Belly Dance - Aud-Back,Aud-Front  12:00p Regular Lunch in the Dining Room - Dining Rm	09:00a Aqua Healthy Joints / Tue - Therapy Pool  09:00a Cafe - Cafe  09:00a Cycling/Tue - Gym  09:00a Wellness Coaching Tuesdays - Conference B  09:00a Woodshop - Woodshop  09:30a Making Waves / Tues - Lap Pool  09:30a Watercolor Greeting Cards - Studio 1  09:30a Zumba Tue/AM - Group Exercise 1 - KW Aerobic  10:00a Bridge Drop In Tuesday - CR 3  10:00a Gift Shop 10:00am-2:00pm - Gift Shop  10:00a Novice Pickleball Drop In / Tue 10:00 - Gym  10:00a Technology Club - CR 1,CR 2  10:15a Aqua Yoga/Tues - Therapy Pool  10:30a Body Strong - Group Exercise 1 - KW Aerobic  10:30a Computer Basics Class - Comp Lab  10:45a Small Group Training: Getting Started /Tu - Group Exercise 2 - McCardell  11:30a Low Impact/Tue - Group Exercise 1 - KW Aerobic  12:00p 1/2 Court Basketball - Gym  12:00p Basketball Shoot Around - Gym	09:00a Pottery Studio - Pottery Hand Building Class - Pottery Rm  09:00a Water Works / Wed - Therapy Pool  09:00a Woodshop - Woodshop  09:30a Pickleball 101: Beginner Lesson - Gym  09:30a Pickleball 102: Mentor Games - Gym  09:30a Spanish Class - CR 2  09:30a Watercolor w/Pete - Studio 2  10:00a Aqua Balance & Stability/Wed - Therapy Pool  10:00a Gift Shop 10:00am-2:00pm - Gift Shop  10:00a Play with Clay - Studio 3  10:15a Core Strength/Wed - Group Exercise 2 - McCardell  10:30a Computer Basics Class - Comp Lab  10:30a Functionally Fit/Wed - Group Exercise 1 - KW Aerobic  11:00a Pickleball Inter./Adv. Drop In - Gym  11:30a Ballet - Group Exercise 1 - KW Aerobic  11:30a Dance For Parkinsons / W - Group Exercise 2 - McCardell  12:00p Regular Lunch in the Dining Room - Dining Rm  12:30p Bingo - Dining Rm  12:30p Chinese Mah-Jong - CR 1	09:00a Cafe - Cafe  09:00a Chair Massages - Personal Trg 2  09:00a Pottery Studio - Independent Potters Mornings - Pottery Rm  09:00a Wellness Coaching Thursdays - Conference B  09:00a Woodshop - Woodshop  09:30a Aqua Yoga/Thu - Therapy Pool  09:30a Core Strength/Thu - Group Exercise 2 - McCardell  09:30a Zumba /Thu AM - Group Exercise 1 - KW Aerobic  10:00a Gift Shop 10:00am-2:00pm - Gift Shop  10:00a OMP Euchre Drop-In - CR 3  10:30a Barre Fusion - Group Exercise 1 - KW Aerobic  10:30a Spanish Conversation Group - CR 1  10:45a Chair Yoga/Thurs - Group Exercise 2 - McCardell  11:00a Aqua Mix / Thurs - Lap Pool  11:45a Cardio Beginner Kickboxing - Group Exercise 2 - McCardell  11:45a Yoga A Gentle Beginning/Th - Group Exercise 1 - KW Aerobic  12:00p Pickleball Advanced Drop-in Play - Gym  12:00p Regular Lunch in the Dining Room - Dining Rm	09:00a Lapidary - Studio 1  09:00a Woodshop - Woodshop  09:30a Total Body Sculpt - Group Exercise 2 - McCardell  10:00a Aqua Balance & Stability/Fri - Therapy Pool  10:00a Beginning Tai Chi Wu Style/Fri 10:00 AM - Group Exercise 1 - KW Aerobic  10:00a Chess Class for Beginners - CR 3  10:00a Gift Shop 10:00am-2:00pm - Gift Shop  10:30a Yin Yoga - Group Exercise 2 - McCardell  11:00a Beginning Tai Chi Wu Style/Fri 11:00 AM - Group Exercise 1 - KW Aerobic  11:30a Tang Soo Do /F - Group Exercise 2 - McCardell  12:00p Regular Lunch in the Dining Room - Dining Rm  12:30p Bridge American Standard Fridays - CR 1  12:30p Hand & Foot variation of Canasta - Library  12:30p Pinochle - CR 3  01:00p Chair Yoga/Fri - Group Exercise 1 - KW Aerobic  01:00p Movie Friday-La La Land - Aud-Back,Aud-Front  01:00p Novice Pickleball/1:00-2:30 PM - Gym	09:00a Woodshop - Woodshop  09:30a Basic Yoga/S 9:30 - Group Exercise 1 - KW Aerobic  09:30a Basketball 5 on 5/S - Gym  11:00a Guitar Group Saturday - Dining Rm  11:00a Volleyball All Lvl/S - Gym  12:30p Novice Pickleball Drop-in/S - Gym

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	<p>12:30p American Mah-Jong - CR 3</p> <p>12:30p Bridge Drop-In Monday - CR 1</p> <p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>12:30p PWR! Boxing - Group Exercise 2 - McCardell</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Open Studio - Creation Station Studio - Studio 1</p> <p>01:00p Table Tennis - Gym</p> <p>01:00p Zumba/Mon - Group Exercise 1 - KW Aerobic</p> <p>02:00p Chair Yoga/Mon 2PM - Group Exercise 1 - KW Aerobic</p> <p>02:00p Focus on the Issues - Dining Rm</p> <p>02:00p Open Aqua Bikes/ Mon - Lap Pool</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p> <p>03:00p Chair Yoga/Mon 3PM - Group Exercise 1 - KW Aerobic</p> <p>04:00p Pickleball Advanced Drop-in Play - Gym</p> <p>04:30p Pottery Studio - Independent Potters Evening - Pottery Rm</p> <p>05:15p Aqua Zumba/Mon - Lap Pool</p>	<p>12:00p Regular Lunch in the Dining Room - Dining Rm</p> <p>12:30p Core Strength/Tue - Group Exercise 1 - KW Aerobic</p> <p>12:30p Essentrics /Tu - Group Exercise 2 - McCardell</p> <p>12:45p German Conversation Group - CR 3</p> <p>01:00p Guitar Group Tuesday - Dining Rm</p> <p>01:00p India Conversation Group - Comp Lab</p> <p>01:00p Medicare &amp; Medicaid Assistance - Conference A</p> <p>01:00p Memory Cafe at the OPC - CR 2,CR 1</p> <p>01:00p Open Studio - Independent Art Studio Drop-In - Studio 3</p> <p>01:00p Open Studio - Needle Arts Studio Tues - Library</p> <p>01:00p Ukulele Fun - Aud-Back,Aud-Front</p> <p>01:30p AR Workshop 1 for 30 2 for 45 - Studio 1</p> <p>01:30p Resistance and Balance Training/Tue - Group Exercise 1 - KW Aerobic</p> <p>01:45p Pickleball 301: Skills &amp; Drills - Gym</p> <p>01:45p Pickleball Intermediate Drop-in Play - Gym</p> <p>02:00p French Advanced Class - Studio 3</p> <p>02:00p Stained Glass Class: Dave &amp; Diane - Woodshop</p>	<p>12:30p Euchre Wednesdays - CR 3,CR 2</p> <p>12:30p PWR! Parkinson Wellness Recovery - Group Exercise 1 - KW Aerobic</p> <p>01:00p Fabric Pumpkins w/Cherie - Studio 1</p> <p>01:00p Making Waves / Wed - Lap Pool</p> <p>01:00p Novice Pickleball/1:00-2:30 PM - Gym</p> <p>01:00p Parkinsons Care Group - Aud-Front</p> <p>01:00p Pottery Studio - Pottery Wheel 1:00 PM - Pottery Rm</p> <p>01:00p Strength &amp; Confidence - Group Exercise 2 - McCardell</p> <p>01:00p Table Tennis - Gym</p> <p>02:00p Aqua Healthy Joints / Wed 2:00 PM - Therapy Pool</p> <p>02:30p Chair Yoga/Wed - Group Exercise 1 - KW Aerobic</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p> <p>04:00p Pickleball Intermediate Drop-in Play - Gym</p> <p>04:00p Wedding Social Learn to Dance at Weddings - Aud-Back,Aud-Front</p> <p>04:30p Pottery Studio - Pottery Wheel 4:30 PM - Pottery Rm</p> <p>05:00p Open Aqua Bikes/ Wed - Lap Pool</p>	<p>12:00p Water Works / Thurs - Therapy Pool</p> <p>12:30p American Mah-Jong - CR 3</p> <p>12:30p Duplicate Bridge - CR 2,CR 3</p> <p>12:30p Pottery Studio - Independent Potters Afternoons - Pottery Rm</p> <p>12:45p Mat Pilates /TH - Group Exercise 2 - McCardell</p> <p>01:00p Fireside Poets Meet-Up - Cottage</p> <p>01:00p Line Dance - Aud-Back,Aud-Front</p> <p>01:00p Open Studio - Needle Arts Studio Thurs. - Library</p> <p>01:00p Watercolor Techniques w/Kathy - Studio 1</p> <p>01:00p Weight Room Orientation - Cardio/Weights</p> <p>01:30p Percussion Drum Circle - Patio Garden</p> <p>01:30p Resistance and Balance Training/Thu - Group Exercise 1 - KW Aerobic</p> <p>02:00p Making Waves / Thurs - Lap Pool</p> <p>02:00p Novice Pickleball Drop-in Play - Gym</p> <p>03:00p Aqua Healthy Joints / Thurs - Therapy Pool</p> <p>03:00p Beginning Tai Chi Wu Style/Thu - Group Exercise 1 - KW Aerobic</p> <p>03:00p Hatha Yoga - Group Exercise 2 - McCardell</p>	<p>01:00p Table Tennis - Gym</p> <p>02:30p Aqua Yoga/Fri - Therapy Pool</p> <p>02:30p Novice Pickleball/2:30-4:00 PM - Gym</p>	

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
	06:00p Badminton - Gym 06:00p Heartfulness Meditation - CR 1,CR 2 06:00p Novice Pickleball Drop-in Play - Gym 06:30p Aqua Bike Circuit Training/Mon - Lap Pool 07:00p Ballroom Dance - Aud-Front,Aud-Back	02:30p Book Club-The Chaperone - Library 02:30p Step & Sculpt /T - Group Exercise 2 - McCardell 04:00p Beginning Tai Chi Wu Style/Tue - Group Exercise 1 - KW Aerobic 04:00p Novice Pickleball Drop-in Play - Gym 04:30p Meet Rochester Mayor - Library 05:30p Zumba/Tue 5:30 PM - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Tue - Lap Pool 06:00p Pickleball Inter./Tu PM - Gym	05:45p Chess Play/Learn/View - Library 06:00p Basketball 5 on 5/W - Gym 06:30p Aqua Healthy Joints / Wed 6:30 PM - Therapy Pool 06:30p Sunset Yoga - Group Exercise 1 - KW Aerobic	04:00p Pickleball Inter./Th PM - Gym 04:00p Rotating Meditation - Group Exercise 2 - McCardell 04:30p Pottery Studio - Independent Potters Evening - Pottery Rm 04:45p Lapidary - Studio 1 05:30p Zumba /Thur 5:30 - Group Exercise 1 - KW Aerobic 05:45p Aqua Zumba/Thu - Lap Pool 06:00p Badminton - Gym 06:00p Box Fit 101 - Gym 07:00p POUND Fitness - Group Exercise 1 - KW Aerobic		